



### What should I already know?

**What is bullying?**

**How can you keep your body safe?**

**What is a balanced diet?**

**Why is physical exercise important?**

### What I will know by the end of the topic

**Why do we have rules?**

Because they are used to keep us safe and healthy and to ensure we are respectful of other people: their cultures, values and beliefs.

**Can you name 5 different emotions we might experience?**

Happy, sad, angry, excited, calm



**Why is it importance to keep teeth clean? Can you name 3 things we can do to look after our dental hygiene?**

Go to the dentist for regular check-ups, clean each tooth carefully with a toothbrush, and brush teeth twice a day

**What is personal hygiene?**

Personal hygiene is how we look after our bodies. Keeping ourselves clean and tidy makes us feel better about ourselves and also keeps us, and those around us, healthier!

**What does consequence mean?**

A result of doing something positively and negatively.



### Application of Knowledge

- Be able to understand what a rule is and why we have them.
- Name different emotions and give examples of when we might feel them.
- Explain the importance of keeping their teeth clean.
- To know what personal hygiene is and how we can look after our bodies.
- Explain what a consequence is.
- To be able to recognise a positive choice and how they can lead to happiness.

### Vocabulary

<b>Rule</b>	A rule or guideline is how somebody should behave. They are based on the idea of what is right and wrong.
<b>Dental Hygiene</b>	The practice of keeping our teeth clean and free of disease and other problems (e.g. bad breath) by regular brushing of the teeth and cleaning between the teeth.
<b>Personal Hygiene</b>	Personal hygiene is how we look after our bodies. Keeping ourselves clean and tidy makes us feel better about ourselves and also keeps us, and those around us, healthier!
<b>Consequence</b>	The result of something that has happened
<b>Turn Taking</b>	When 2 or more people do something alternatively.